

Resources for Putnam County Mothers



NATIONAL MATERNAL MENTAL HEALTH HOTLINE

1-833-943-5746

*English and Spanish

24/7, FREE, Confidential Hotline for Pregnant and New Moms

- Phone or text access to professional counselors
- Real-time support and information
- Response within a few minutes, 24 hours a day, 7 days a week
- Resources
- Referrals to local and telehealth providers and support groups
- Culturally sensitive support
- Counselors who speak English and Spanish
- Interpreter services in 60 languages

If you are in suicidal crisis, please call or text 1-800-273-8255

WE ARE HERE FOR YOU

Here at the Florida Department of Health in Putnam County, we realize the last thing you want to do, when you need help, is dig in your purse or through the mountain of papers on your counter to find the business card or pamphlet with the information you need on it. We hope that the magnet we have provided will stay safely on your fridge, so it is there whenever you need help, guidance, or information. Please contact us directly if you have any questions or concerns.

**Thanks for stopping by and
CONGRATULATIONS on your new
baby!**

386-326-3236





	Storage type	Storage time
	Room temperature, 25 °C or colder	Up to 4 hours
	Cooler with frozen ice packs	Up to 24 hours
	Refrigerator set to 3.8 °C or below	Up to 3 days
	Freezer set to -17.8 °C or below	Up to 6 months
	Deep freezer set to -20 °C	Up to 12 months

Note: These guidelines are for freshly expressed or pumped breast milk



Storage and Preparation of Breastmilk

Tips for Safely Thawing Frozen Breast Milk



Defrost the oldest bottle of breast milk first



Do not thaw breast milk at room temperature — place it in the refrigerator or in a bowl of warm water



Do not use the microwave or place your breast milk in a pot of boiling water on the stove



Once defrosted, warm up breast milk and use immediately

SMOKING CESSATION GROUP PROGRAMS AND RESOURCES

Quit Smoking Support Groups
Call (1-877-848-6696) to sign up for a group
session near you.



TOBACCO AFFECTS YOU AND YOUR BABY

We can help you quit!

1-877-U-CAN-NOW
(1-877-822-6669)



Whenever you decide to QUIT TOBACCO,
Tobacco Free Florida has free tools and
resources that can help you with the first
step:

<https://tobaccofreeflorida.com/>



CERTIFIED LACTATION COUNSELORS

CLCs understand that breastfeeding decisions are made by the mother, who may have values and goals different from the counselor.

CLCs work as part of the health care team, assuring appropriate referrals and recommendations. CLCs are qualified to provide education, counseling, and clinical management.

CLCs provide breastfeeding counseling and lactation management in:

- Maternity units in hospitals and birth centers
- Outpatient lactation clinics
- WIC programs
- Maternal and child health services at the state, county, and local level
- Physician and midwife offices

IF YOU ARE OUT OF TOWN AND FIND YOURSELF NEEDING HELP, THE ACADEMY OF LACTATION POLICY PRACTICE HAS AN OPTION ON THEIR WEBSITE TO LOCATE A CLC NEAR YOU.

<https://www.alpp.org/search/search/search?findzip=32177&fziprange=25+Miles>

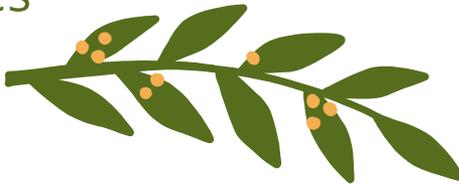


Diabetes Prevention Program

16 weeks of classes + monthly maintenance



- Learn the skills to manage weight, be more active, and manage stress
- Receive support from a Lifestyle Coach
- Bond with others sharing your same struggles



If you have questions about Gestational Diabetes, Preventing Diabetes, or Managing Diabetes

Contact:

Carol Kazounis @ 386-326-3223





Violence
Intervention
Prevention
Program

24 Hour Sexual Assault Hotline
(386)983-1358

Violence Intervention and Prevention Program

Florida Department of Health in Putnam County is a Certified Sexual Violence Center and we are here to help you!

Our counselors/advocates assist with Sexual Violence, Domestic Violence, and other victims of crime.

Services Provided:

- 24 hour crisis intervention.
- Information, support, advocacy with law enforcement and the court system.
- Individual, Family, Group and Child therapy services.
- Victim advocacy within the legal, medical, social and economic systems.
- Assistance in obtaining injunctions for protection.
- Assistance with filing Crimes Compensation claims.

Help is available to you 24 hours a day / 7 days a week.

Monday- Friday 8AM - 5PM @ 386-326-3200

or

386-983-1358

Healthy FAMILIES

Healthy Families is a **free**, voluntary program that gives families useful information on parenting and child development. Being a parent is an important and sometimes difficult job. We offer tools to make the job easier. We want families to have the support they need to reach their goals and build a bright future for their children.

For questions, please call:

Robyn Jernigan

386-326-3330

Or email:

HealthyFamiliesPutnamReferrals@flhealth.gov



Dental Services

The Florida Department of Health in Putnam County offers General Dental Services for both children and adults. We pride ourselves on having a friendly and positive dental environment while educating patients on good oral hygiene.

**Please Call:
386-326-3336**

Documents Required for Appointment

- Photo I.D. (parent/guardian)
- Proof of Legal guardianship/custody (if you are not the legal parent)
- If requesting Sliding Fee Scale services, verification of income will be required

Hours of Operation

Monday to Friday 8 a.m. to 5 p.m.

Now accepting Medicaid, Medicare and Commercial Dental Plans

*Bilingual services available



Florida Breast and Cervical Cancer Early Detection Program



Services provided include:

- Breast and cervical cancer screening exams (clinical breast exams, mammograms, and Pap tests).
- Care coordination to all clients with abnormal exams.
- Women screened through the program and diagnosed with breast or cervical cancer are referred to the Florida Medicaid Program for eligibility determination.
- Paid breast and cervical cancer treatment through Medicaid for eligible women screened through the program.

To see if you qualify, please call 386-326-3281





Family Planning Program

Family Planning Services

- Yearly Exams
- Free Condoms
- Birth Control Choices
- STD Counseling and Treatment
- HIV/AIDS Testing and Counseling
- Pre-conception Counseling
- Pregnancy Testing
- Emergency Contraception Pill
- Sterilization referrals for Men and Women



Contact the Florida Department of Health
in Putnam County @ 386-326-3200





WIC Breastfeeding WARMLINE

Putnam County **WIC** has a Peer Counselor Warm Line that is available to WIC mothers 24 hours a day/ 7 days a week, **FREE** of charge.

·Need help?

·Have questions?

·Need support?

386-937-6405

Español

386-314-9212

WIC BLENDED BREASTFEEDING SUPPORT GROUP

January 26, 2023 @ 4:00 PM
February 23, 2023 @ 4:00 PM
March 23, 2023 @ 4:00 PM
April 27, 2023 @ 4:00 PM
May 25, 2023 @ 4:00 PM
June 22, 2023 @ 4:00 PM

VIA Microsoft Teams App

To register, please call:

386-326-3216



**In Person Location:
Florida Department of Health
South Annex Conference Room
2801 Kennedy Street
Palatka, FL 32177**

WIC VIRTUAL INFANT FEEDING CLASSES

February 9, 2023 @ 2:00pm

March 9, 2023 @ 2:00pm

April 13, 2023 @ 2:00pm

May 11, 2023 @ 2:00pm

June 8, 2023 @ 2:00pm

July 13, 2023 @ 2:00pm

Via Microsoft Teams App

To register, please call:

386-326-3216



CHILDCARE PROVIDERS

D&G Child Care Learning Center, Inc.

1210 Saint Johns Ave, Palatka
(386)325-1818

A Child's Castle Christian Learning Center

4115 Crill Ave, Palatka
(386)326-3811

Children's World, Inc.

1206 Moseley Ave, Palatka
(386)325-5155

Brighter Horizons Learning Center

1700 Reid Street, Palatka
(386)325-9899

God's Little Creations Child Care

405 Pine Street, Palatka
(386)326-1611

Round Lake Academy

3800 Crill Ave, Palatka
(386)325-5437

Polka DOT Kids

6061 Saint Johns Ave, Palatka
(386)328-6465

CHILDCARE PROVIDERS CONT'D

Kids Kingdom Learning Academy
890 N State Road 19, Palatka
(386)385-3887

RCMA Palatka Child Development Center
1200 Old Jacksonville Road, Palatka
(386)312-2240

RCMA Palatka Area Office
120 Main Street, Palatka
(386)312-2200

Academy of Rising Stars
314 N Highway 17, Palatka
(386)328-6448

Sugar Bears Learning Center
305 Tammy Street, East Palatka
(386)328-5361

Stay & Play Daycare Center, Inc.
627 S US Highway 17, San Mateo, FL
(386)328-0134

RCMA Pomona Park Child Development Center
220 West Main Street, Pomona Park
(386)649-6790

Tiny Tots
525 Palmetto AS, Crescent City
(386)698-2798

Learning Tree
461 Old Highway 17, Crescent City
(386)698-4673

Little Panda's Child Development Center
1591 US Highway 17 N, Seville
(386)749-0700

CHILDCARE PROVIDERS CONT'D

Pumpkin Patch

1139 SR 20, Interlachen
(386)684-0865

In Loving Hands Learning Center

105 Commercial Dr, Keystone Heights
(352)473-2002

A Child's Garden

7442 SR 21, Keystone Heights
(352)473-0600

Sonshine Inn Daycare

304 Park Street, Melrose
(352)475-2145

Lil' Sprouts Home Daycare

5913 SE 229th Ter, Hawthorne
(352)256-6201

RCMA Walker (Irene Monroe) Child Development Center

157 Couth County Road 21, Hawthorne
(352)481-1930

Upcoming Events

- ***February 24, 2023 from 10am-4pm***

Palatka Housing Authority's Annual Health Party

400 North 15th Street, Palatka, FL 32177

- ***April 13th, 2023 from 10am-4pm***

Black Maternal Health Week Event

located at Calvary Family Life Center

1414 Bronson Street, Palatka FL 32177

- ***April 28, 2023 from 3pm-7pm***

Child Abuse Prevention Event

Triangle Park

US HWY 17, Palatka, FL 32177



Putnam County Resource Directory

For more resources on Housing,
Emergency Services, Education,
Food, and more, please visit:

[https://issuu.com/putnamschools/docs/
putnam_county_resource_directory](https://issuu.com/putnamschools/docs/putnam_county_resource_directory)

